



## Giving Back

We believe it is important to give back to our communities. If you have an idea for community volunteering or donations, or if you volunteer and want to be recognized, please see Shanon or Mark. Here's what we're doing now:

Arbor View visit: In June, we wanted to get to know each other better in a fun way, so we made up a bunch of questions on small pieces of paper & put them in a bowl. The weather was so nice that day we headed out to the gazebo with our bowl full of questions. We all picked a paper & shared our answers. It sparked up some interesting conversation for many. In July, we will be doing adult coloring as well as more get to know questions (if interested). If you want to join us, please check in at community meetings to find out the details and let Shanon know.

Claremont Fire Department: A Member volunteers to help outside.

Claremont Soup Kitchen: A member volunteers putting together food boxes.

Dartmouth-Hitchcock Medical Center: A Member in Lebanon volunteers in the housekeeping department and helps with BINGO preparation.

Grafton County Senior Center: A Member in Lebanon volunteers at the front desk and waitresses when needed. She also puts together meals for Meals on Wheels.

Meals on Wheels: A Member in Lebanon volunteers to deliver meals.

Re-Store: A Member in Lebanon volunteers stocking shelves, tags things, sales & cleaning.

Sullivan County Health Care: Two Members go there periodically and do a sing-along with nursing home residents.

Thank  
You

- Billy B for DVD player, chair, games & dishes Members took home.

- Members who help with community meal on Tuesday at Stepping Stone and Wednesday at Next Step.

If you know of a donation we haven't recognized, please see Shanon.

You

### Board of Directors News

WE NEED YOU!!!

Did you know - the first hour of every Board meeting is open to Members and Participants? After we conduct business, e.g., approve Minutes and financial reports, we open the meeting up for community comments and concerns. This is an important part of our Mission as a consumer-run peer support agency. It gives you access to our governing body and provides valuable opportunities for Board members to connect with you. Half of the meetings are held at Next Step, and half are held at Stepping Stone, and we provide transportation to and from the meetings.

We're looking for talented and thoughtful volunteer Board members to lead and strengthen our programs. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Pyatt at 603 543-1388, and she will put you in contact with Roland Dumont, Board Vice-President to find out whether this volunteer opportunity is right for you.

The next meeting is Wednesday, July 27th, at 5:30 PM, at Stepping Stone. Please see sign-up for transportation from Next Step. Michael Kelly from NH Bureau of Mental Health Services will be joining us.

### WISH LIST

all holiday DVDs  
good knife set  
wall clocks  
patio table  
griddle  
nightstand  
potholders  
new kitchen towels



Come join us on a relaxing day at Moody Park for a picnic & walking trails.

Saturday 7/16/2016

11AM- 2PM



### Newsletter Workgroup

**We are always looking for new people with new ideas. What ever time you can commit to the group would be wonderful even if you can't make it every month. We appreciate every way you can contribute.**

**You may contact Shanon directly to express your interest or ask questions. The next meeting is Monday, 7/11, 9:30-11:30 AM, at Stepping Stone.**

**Transportation is available from Next Step. Please see the master schedule of meetings posted at either site.**

**THANK YOU to Members who have given us feedback on the newsletter. It helps us to continue to improve. Let us know what's working!**

### Recipe of the Month—Bacon Cheese Fries

1 package (32 ounces) frozen fries

1 cup (4 ounces) shredded cheddar cheese

1/2 cup chopped green onions

1/4 cup cooked crumbled bacon

Ranch salad dressing

Cook fries according to package. Place fries on a broiler-proof dish. Sprinkle with cheese, onion & bacon. Broil for 1-2 minutes or until cheese is melted. Serve with Ranch dressing.



On the 3rd Friday of every month at Stepping Stone, we have a cake to celebrate all the birthdays in the month.

Please join us for cake and celebration.

## 4<sup>th</sup> of July Cookout

### Monday, July 4, 2016

### Stepping Stone, Claremont

### Noon-3 PM



Consumer Council— There is no meeting in July.

## Community Meal Menus

### Stepping Stone

- 7/5 Macaroni Salad**
- 7/12 Hotdogs w/beans Salad**
- 7/19 Shepard's Pie Salad**
- 7/26 Tuna Noodle casserole Salad**

### Next Step

- 7/6 Cheese Ravioli w/garlic bread Salad**
- 7/13 Chef's Choice Salad**
- 7/20 Hotdogs w/potato salad Salad**
- 7/27 Spaghetti & meat sauce Garlic bread Salad**

Work on the new roof at Next Step is about to begin. This project is funded in part by:



Committed to the future of rural communities.



During July, the Hannaford stores at 220 Washington Street, Claremont, and 8 Market Street, W. Lebanon, will sponsor Stepping Stone and Next Step in the Hannaford Helps Reusable Bag Program. For every reusable Good Karma bag you purchase, we will receive \$1. Please spread the word and visit Hannaford to purchase a bag or two. You will be helping us while you help the environment.

## Reflection on Connection by Susan E. Seidler

On December 28, 2015, I made a connection in an unexpected place. That was the day I attended a memorial service for Mrs. Dorothy Matthews.

I've been to so many memorial services I've lost count, and I always feel sick – I'm talking physically sick – at the prospect of upcoming services. I've also been to many Celebrations of Life – a concept I don't quite understand. How can I celebrate when my heart is broken?

The Memorial Service for Mrs. Matthews was different somehow – for the first time I saw someone's life being celebrated – truly celebrated.

Hearing Mrs. Matthews's friends and family remember her talents, interests, faith, generosity; and especially, how much she loves her family reminded me of my own mother who passed away long before I was ready to say, "Goodbye."

As a mother myself, I can't imagine the strength it took for Mrs. Matthews to go on after losing four of her five sons. Hearing the way her grandchildren spoke about her makes me think the way she treasured them helped her cope. What an outstanding message of hope!

Mrs. Matthews had a personal connection to Next Step. Her son Paul was a Member for many, many years and a familiar face at the Center. When Paul passed away in 2010, Mrs. Matthews requested contributions be made to Next Step in his memory. In 2011, we renamed our library the Paul Scott Matthews Memorial Library, and the American Flag which adorns Next Step is a daily reminder of how much Paul means to us. In the years since Paul's passing, Mrs. Matthews maintained her relationship with Next Step, visiting when she could and donating household items for the Center. In 2015, Mrs. Matthews and her family showed their generosity once again, and thanks to the many people who made contributions to Next Step in memory of Mrs. Matthews, we are about to replace our roof.

Perhaps the more lasting legacy is the messages of hope and love of family – of perseverance and strength – of taking a risk and putting aside assumptions.

Now, I'm not saying I can look forward to attending memorial services. All I know is I'm not afraid of them anymore, and I have the Matthews family and others who shared their memories to thank for that.

Around every corner is a connection waiting to be made, and you never know what form it will take or what you'll find until you turn that corner.

# Do You Or Someone You Know Struggle With Addiction or Substance Use?

*Have questions about what to do next?*

## **Your Recovery Is Our Priority!**

Call the NH Statewide Addiction Crisis Line

# 1-844-711-HELP

hope@keystonehall.org



*Confidential*

*Judgment-free*

*24 Hours a day*

*7 Days a week*

Our trained counselors are here to listen and help you take the steps that are right for you.

### PADDLEPOWER 2016—8/20 & 8/21

PADDLEPOWER is an annual event hosted by West Central Behavioral Health to raise awareness about depression and suicide and to benefit West Central's emergency mental health services program. For more information, visit: [www.PADDLEPOWER.org](http://www.PADDLEPOWER.org). New for 2016 is a guided hike on Hazen Trail.

We have three exciting ways to participate this year:

1. We have a 1-person kayak available to use during the event. If you are interested in rowing, please call Mark Nichols at 543-1388 or 448-6941.
2. Walk the Hazen Trail.
3. Come join our Members as we cheer on the rowers!

Please look for sign-up sheets in August.

Stepping Stone and Next Step Peer Support and Crisis Respite Centers is a private, not-for-profit agency dedicated to promoting emotional wellness and recovery. We provide consumer-run services designed and driven by consumers to best meet their own needs. We are committed to the creation of a safe, supportive, and educational environment for people with mental health challenges. Members apply real life experiences to help themselves and their peers attain wellness while casting off the victim identity and replacing it with personhood. We are funded primarily by the NH Department of Health and Human Services, Bureau of Mental Health Services (BMHS). Our services are free to NH residents.

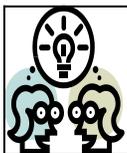
“When you are happy you can forgive a great deal.”

-Princess Diana  
-born July 1, 1961

Check out our website:

[www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)

A work in progress—we continue to improve its content. Stay tuned for updates.



Suggestion Boxes are at both sites for your ideas and suggestions regarding the centers. If you have an idea for Member fundraising, please put it in the box. Please place your constructive suggestions in the box. Your name is optional.



## How to Reach Us

### Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11AM–3PM

Monday–Thursday 9AM–4PM

Friday Noon–7PM

Saturday 11AM–4PM

### Crisis Respite

Our program is free to NH residents who meet the guidelines of being at risk for using mental health services, are already using mental health services, or are referred by other services. Call 543-1388 for more information.

### Peer Support Warmline

Our Warmline is available 5–10PM, seven days a week. To access our Warmline, call 543-1388 or 543-0920. If calling long distance within NH, call toll free at 1-888-582-0920.

### Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday–Thursday 9AM–5PM

Friday 11AM–6PM

Saturday 11AM–4PM

### Community Meeting

A meeting for all members to learn what goes on within the business aspects at SS and NS. It is also an opportunity to express new ideas, promote healing, and secure respect. Your voice is important! Community Meal is served one hour before the meeting.

Meetings are held at:

**Stepping Stone, Tuesday, 1-2PM**

**Next Step, Wednesday, 1-2PM**

Editor: Shanon L. Pyatt